

CHILDREN HARMED BY ALCOHOL TOOLKIT

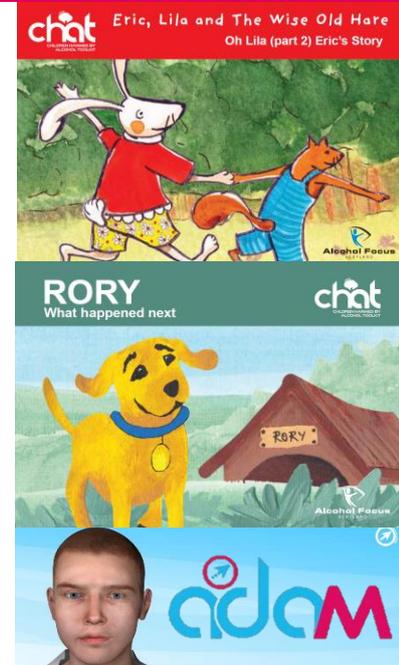
Introducing C.H.A.T

C.H.A.T. is a toolkit for children, young people and families affected by someone in their life's drinking.

Building on our existing Oh Lila, Rory and A.D.A.M. resources, C.H.A.T. has been developed in consultation with a range of professionals who work with children and families.

C.H.A.T. is grouped into 4 key areas:

- Oh Lila & Eric – for use with children aged 3 to 8 years.
- Rory – for use with children aged 5 to 11 years.
- A.D.A.M. – for use with children aged 10+
- Adult and Parent Activities



Aims of C.H.A.T.

C.H.A.T aims to build resilience and protective factors in children, young people and families by:

- Helping them identify sources of help and support.
- Developing their emotional intelligence
- Developing their problem solving skills
- Developing their social skills
- Helping them feel less confused and guilty about what may be happening.
- Helping them understand the recovery journey and the challenges that may bring.

C.H.A.T.

The toolkit contains a range of age appropriate interactive resources

- Oh Lila storybook
- Eric, Lila and Wise Hare storybook
- Rory storybook
- Rory: what happened next storybook
- Rory board game
- Character Puppets
- Activity books and worksheets
- A.D.A.M. Online game

“C.H.A.T. is a valuable resource for anyone working with children and families”

“One child recently disclosed about his parent's drinking. Rory and ADAM helped him to do that”



Pilot and Evaluation of C.H.A.T.

C.H.A.T. was developed in consultation with professionals from social work, addiction services and voluntary sector agencies working with children and families.

Following a pilot across Scotland, Alcohol Focus Scotland carried out an evaluation.



Key Findings

- Practitioners agreed that the C.H.A.T. resource achieved its aims.
- Books, puppets and worksheets in the toolkit were particularly useful in helping children to focus and enabling discussions and exploration of difficult issues.
- C.H.A.T. worksheets were used by some respondents at case reviews and conferences. Respondents reported that children feel empowered when their materials were used in this way, instead of forms completed on their behalf.



Community Justice Pilot

C.H.A.T. has recently completed a pilot and independent evaluation funded by NHS Greater Glasgow and Clyde for practitioners working in community justice settings.

Key Findings

- C.H.A.T. brings together and enhances a set of resources that are already viewed positively and widely used.
- Hosting development groups which drew on practitioners experiences in the target sector, allowed for fine tuning and targeting of the resource and training offered.
- C.H.A.T. training enhanced awareness of alcohol issues and alcohol harm across community justice settings.
- Those attending training were more confident to use resources and found training achieved key outcomes.



Full evaluation reports can be downloaded from the C.H.A.T. Website.

C.H.A.T. Training

To support practitioners and professionals to use the C.H.A.T. Resource Alcohol Focus Scotland have developed a one day training programme.

This interactive training covers a range of topics including alcohol harm, getting to know C.H.A.T. and practical exercises to build confidence to use the toolkit.

Training dates in Glasgow are now available to book. Visit the website for more information.



www.chatresource.org.uk

For more information about C.H.A.T. contact:

Jane Wilson, Senior Learning & Development Coordinator,

Alcohol Focus Scotland, 166 Buchanan Street, Glasgow, G1 2LW

Tel: 0141 572 6700 Email: jane.wilson@alcohol-focus-scotland.org.uk

www.chatresource.org.uk

